

Type B Food List

OK To Eat

Dairy

Brie Cheese
Butter
Buttermilk
Camembert Cheese
Casein
Cheddar Cheese
Colby Cheese
* Cottage Cheese
Cream Cheese
Edam Cheese
Emmenthal Cheese
* Farmer Cheese
* Feta Cheese
* Goat Cheese
Gouda Cheese
Gruyere Cheese
Jarlsberg Cheese
* Kefir
* Milk (Cow-Skim or 2%)
Milk (Cow-Whole)
* Milk (Goat)
Monterey Jack Cheese
* Mozzarella Cheese
Munster Cheese
Neufchatel Cheese
Parmesan Cheese
Provolone Cheese
* Ricotta Cheese
Sherbet
Soy Cheese
Soy Milk
Swiss Cheese
Whey
* Yogurt

Fruit

Apple
Apricot
* Banana
Blackberry
Blueberry
Boysenberry
Canang Melon
Cantaloupe
Casaba Melon
Cherry
Christmas Melon
* Cranberry
Crenshaw Melon
Currants (Black)
Currants (Red)
Date
Elderberry
Fig (Dried)
Fig (Fresh)

Gooseberry
* Grape (Black)
* Grape (Concord)
* Grape (Green)
* Grape (Red)
Grapefruit
Guava
Honeydew
Jam From Ok'd Fruits
Jelly From Ok'd Fruits
Kiwi
Kumquat
Lemon
Lime
Loganberry
Mango
Musk Melon
Nectarine
Orange
* Papaya
Peach
Pear
* Pineapple
Plantain
* Plum (Dark)
* Plum (Green)
* Plum (Red)
Prune
Raisin
Raspberry
Spanish Melon
Strawberry
Tangerine
Watermelon

Herb

Anise
Arrowroot
Bay Leaf
Bergamot
Caraway
Cardamom
Carob
Chives
Chocolate
Clove
Coriander
Creme of Tartar
Cumin
* Curry
Dill
Dulse
Marjoram
Mint
Mustard Dry
Nutmeg
Oregano

Paprika
* Parsley
* Pepper (Cayenne)
Pepper (Peppercorn)
Pepper (Red Flakes)
Peppermint
Rosemary
Saffron
Sage
Savory
Spearmint
Tamarind
Tarragon
Thyme
Turmeric
Vanilla
Wintergreen

Vegetable

Agar
Alfalfa Sprouts
Arugula
Asparagus
Bamboo Shoot
Basil
* Beet
* Beet Leaves
Bok Choy
* Broccoli
* Brussel Sprout
* Cabbage (Chinese)
* Cabbage (Red)
* Cabbage (White)
Caper
* Carrot
* Cauliflower
Celery
Chervil
Chickory
* Collard Greens
Cucumber
Daikon Radish
Dandelion
* Eggplant
Endive
Escarole
Fennel
Fiddlehead Fern
Garlic
* Ginger
Horseradish
* Kale
Kelp
Kohlrabi
Leek
Lettuce (Bibb)
Lettuce (Boston)

Type B Food List

OK To Eat

Lettuce (Iceberg)
Lettuce (Mesclun)
Lettuce (Romaine)
Mushroom (Abalone)
Mushroom (Domestic)
Mushroom (Enoki)
Mushroom (Oyster)
Mushroom (Portobello)
* Mushroom (Shiitake)
* Mustard Greens
Okra
Onion (Green)
Onion (Red)
Onion (Spanish)
Onion (Yellow)
* Parsnip
Pea (Green)
Pea (Pod)
Pea (Snow)
* Pepper (Green)
* Pepper (Jalapeno)
* Pepper (Red)
* Pepper (Yellow)
Pickle (Dill)
Pickle (Kosher)
Pickle (Sour)
Pickle (Sweet)
Pimento
Potato (Red)
* Potato (Sweet)
Potato (White)
Radicchio
Rappini
Rutabaga
Scallion
Seaweed
Shallots
Spinach
Squash All Types
String Bean
Swiss Chard
Turnip
Water Chestnut
Watercress
* Yam
Zucchini

Bread

* Brown Rice Bread
* Essene Bread
* Ezekiel Bread
Gluten Free Bread
Hi-protein No Wheat Bread
Ideal Flat Bread
Pumpnickel Bread
Soy Flour Bread
Spelt Bread

Cereal

Cream of Rice
Familia
Farina
Granola
Grape Nuts
* Oat Bran
* Oatmeal
* Rice (Puffed)
* Rice Bran

Flour

Graham Flour
* Oat Flour
* Rice Flour
Spelt Flour
Wheat (White/Bleached) Flour

Grain

* Millet
* Oat
Quinoa
Rice (Basmati)
Rice (Brown)
Rice (White)
* Spelt

Muffin/Cracker

* Fin Crisp
Oat Bran Muffin
* Rice Cake
* Wasa Bread

Pasta

Semolina Pasta
Spinach Pasta

Sweetener

Brown Rice Syrup
Honey
Maple Syrup
Molasses
Rice Syrup
Sugar (Brown)
Sugar (White)

Bean

Broad Bean
Cannellini Bean
Copper Bean
Fava Bean
Green Bean
Jicama Bean
* Kidney Bean
* Lima Bean
* Navy Bean
Northern Bean
Red Bean

Snap Bean
* Soy Bean
Tamarind Bean
White Bean

Nut/Seed

Almond
Almond Butter
Brazil Nut
Chestnut
Hickory
Litchi
Macadamia
Pecan
Walnut (English)

Oil

Cod Liver Oil
Flaxseed (Linseed) Oil
* Olive Oil

Fish

Abalone
Bluefish
Carp
Catfish
* Caviar
* Cod
* Flounder
* Grouper
* Haddock
* Hake
* Halibut
Herring (fresh)
Herring (pickled)
* Mackerel
* Mahimahi
* Monkfish
* Perch (Ocean)
Perch (Silver)
Perch (White)
Perch (Yellow)
* Pickerel
* Pike
* Porgy
Red Snapper
Sailfish
* Salmon
* Sardine
Scallop
* Shad
Shark
Smelt
Snapper
* Sole
Squid
* Sturgeon
Swordfish

Type B Food List

OK To Eat

Tilfish
Trout (Rainbow)
* Trout (Sea)
Tuna
Weakfish
Whitefish

Meat

Beef
Buffalo
* Lamb
Liver
* Mutton
Pheasant
* Rabbit
Turkey
Veal
* Venison

Beverage

Alfalfa Juice
Apple Cider
Apple Juice
Apricot Juice
Beer
Burdock Herbal Tea
* Cabbage Juice
Carrot Juice
Catnip Herbal Tea
Cayenne Herbal Tea
Celery Juice
Chamomile Herbal Tea
Cherry Juice
Chickweed Herbal Tea
Coffee (Decaf)
Coffee (Regular)
* Cranberry Juice
Cucumber Juice
Dandelion Herbal Tea
Dong Quai Herbal Tea
Echinacea Herbal Tea
Elder Herbal Tea
* Ginger Herbal Tea
* Ginseng Herbal Tea
Goldenseal Herbal Tea
* Grape Juice
Grapefruit Juice
Green Herbal Tea
Hawthorn Herbal Tea
Horehound Herbal Tea
* Licorice Herbal Tea
Mulberry Herbal Tea
Orange Juice
* Papaya Juice
* Parsley Herbal Tea
* Peppermint Herbal Tea
* Pineapple Juice

Prune Juice
* Raspberry Leaf Herbal Tea
* Rose Hips Herbal Tea
* Sage Herbal Tea
Saint Johns Wort Herbal Tea
Sarsaparilla Herbal Tea
Slippery Elm Herbal Tea
Spearment Herbal Tea
Strawberry Leaf Herbal Tea
Tea (Black Decaf)
Tea (Black Regular)
* Tea (Green)
Thyme Herbal Tea
Valerian Herbal Tea
Vervain Herbal Tea
Water & Lemon
White Birch Herbal Tea
White Oak Bark Herbal Tea
Wine (Red)
Wine (White)
Yarrow Herbal Tea
Yellow Dock Herbal Tea

Condiment

Apple Butter
Mayonnaise
Miso
Mustard
Pickle Relish
Salad Dress Approved Ing
Sea Salt
Soy Sauce
Vinegar (Balsamic)
Vinegar (Cider)
Vinegar (Red Wine)
Vinegar (White)
Worcestershire Sauce

Type B Food List

Avoid

Dairy

American Cheese
Blue Cheese
Ice Cream
String Cheese

Fruit

Avocado
Coconut
Pear (Prickly)
Persimmon
Pomegranate
Starfruit (Carambola)

Herb

Allspice
Cinnamon
Pepper (Black Ground)
Pepper (White)

Vegetable

Artichoke (Domestic)
Artichoke (Jerusalem)
Black Eyed Pea
Olive (Black)
Olive (Greek)
Olive (Green)
Olive (Spanish)
Pumpkin
Radish
Radish Sprouts
Rhubarb
Tomato

Bread

Bagel (Wheat)
Multi Grain Bread
Rye 100% Bread
Wheat (Duram)
Wheat (Whole) Bread

Cereal

Cornflakes
Cornmeal
Couscous
Cream of Wheat
Kasha
Seven Grain
Shredded Wheat
Wheat Bran
Wheat Germ

Flour

Barley Flour
Gluten Flour
Rye Flour
Wheat (Bulgar) Flour
Wheat (Duram) Flour
Wheat (Whole) Flour

Grain

Amaranth
Barley
Buckwheat
Corn (White)
Corn (Yellow)
Kamut
Rice (Wild)
Rye
Tapioca

Muffin/Cracker

Corn Muffin
Rye Crisp
Rye Vita
Wheat Bran Muffin

Pasta

Artichoke Pasta
Soba Noodles

Sweetener

Barley Malt
Corn Syrup

Bean

Adzuki Beans
Black Bean
Garbanzo Bean
Lentil (Domestic)
Lentil (Green)
Lentil (Red)
Mung Beans (Sprouts)
Pinto Bean
Tempeh
Tofu

Nut/Seed

Cashew
Filbert (Hazelnut)
Peanut
Peanut Butter
Pine (Pignola)
Pistachio
Poppy Seed
Pumpkin Seed
Sesame Seed
Sunflower Butter
Sunflower Seed
Tahini

Oil

Canola Oil
Corn Oil
Cottonseed Oil
Peanut Oil
Safflower Oil
Sesame Oil

Sunflower Oil

Fish

Anchovy
Barracuda
Bass (Bluegill)
Bass (Sea)
Bass (Striped)
Beluga
Clam
Conch
Crab
Crayfish
Eel
Frog
Lobster
Lox
Mussels
Octopus
Oyster
Shrimp
Snail
Yellowtail

Meat

Bacon
Chicken
Cornish Hens
Duck
Goose
Ham
Heart
Partridge
Pork
Quail
Turtle

Beverage

Aloe Herbal Tea
Coltsfoot Herbal Tea
Corn Silk Herbal Tea
Fenugreek Herbal Tea
Gentian Herbal Tea
Hops Herbal Tea
Linden Herbal Tea
Liquor (Distilled)
Mullein Herbal Tea
Red Clover Herbal Tea
Rhubarb Herbal Tea
Seltzer Water
Senna Herbal Tea
Shepherd's Purse Herbal Tea
Skullcap Herbal Tea
Soda (Club)
Soda (Cola)
Soda (Diet)
Soda (Other)
Tomato Juice

Type B Food List

Avoid

Condiment

Almond Extract
Corn Starch
Gelatin Plain
Ketchup
